

Crediting Legumes in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). Legumes credit as the meat/meat alternates component or the vegetables/fruits component in the SFSP meal patterns. For information on the SFSP meal patterns and the vegetables/fruits components, refer to the Connecticut State Department of Education's (CSDE) resources, [Requirements for the Meat/Meat Alternates Component of the SFSP Meal Patterns](#) and [Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns](#), and visit the "SFSP Meal Patterns," "Meat/Meat Alternates Component for the SFSP," and "Vegetables/Fruits Component for the SFSP" sections of the CSDE's SFSP webpage.



Legumes include cooked dry beans and peas, such as black beans, black-eyed peas (mature, dry), edamame (soybeans), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soybeans, split peas, and white beans. Legumes may credit as the meat/meat alternates component or the vegetables/fruits component, but one serving cannot credit as both in the same meal or snack. Menu planners must determine in advance how to credit legumes in a meal. A $\frac{1}{4}$ -cup serving of legumes credits as 1 ounce of the meat/meat alternates component or $\frac{1}{4}$ cup of the vegetables/fruits component.

Legumes may credit as either component in different meals. For example, lentils may credit as the vegetables/fruits component at one lunch, and as the meat/meat alternates component at another lunch. If the meal includes two servings of legumes, the menu planner may choose to credit one serving as the vegetables/fruits component and one serving as the meat/meat alternates component. For example, $\frac{1}{4}$ cup of garbanzo beans in a salad may credit as $\frac{1}{4}$ cup of the vegetables/fruits component and $\frac{1}{2}$ cup of kidney beans in chili may credit as 2 ounces of the meat/meat alternates component.

Crediting Legumes as Vegetables

Foods in the vegetables/fruits component credit based on volume, not weight. For example, a $\frac{1}{2}$ -cup serving (8 tablespoons) of legumes credits as $\frac{1}{2}$ cup of the vegetables/fruits component. The minimum creditable amount for the vegetables/fruits component is $\frac{1}{8}$ cup (2 tablespoons). A food must contain the minimum required amount of legumes, excluding added ingredients. For example, to credit as $\frac{1}{2}$ cup of the vegetables/fruits component, a serving of baked beans must contain $\frac{1}{2}$ cup of beans, excluding added ingredients such as sauce and pork fat.

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The menu planner must round down the amount of legumes in the serving to the nearest $\frac{1}{8}$ cup (2 tablespoons). For example, a recipe with $2\frac{1}{2}$ tablespoons of kidney beans per serving credits as $\frac{1}{8}$ cup of the vegetables/fruits component. If the menu item contains less than the full meal pattern serving of the vegetables/fruits component, the menu planner must include additional vegetables or fruits to provide the full serving.

Crediting Legumes as Meat/Meat Alternates

Legumes credit as the meat/meat alternates component based on volume. A $\frac{1}{4}$ -cup serving (4 tablespoons) of legumes credits as 1 ounce of the meat/meat alternates component. The minimum creditable amount for the meat/meat alternates component is $\frac{1}{4}$ ounce, which equals 1 tablespoon. At lunch and supper, the meat/meat alternates component must be served in a main dish, or in a main dish and one other food item.

The menu planner must round down the amount of legumes to the nearest $\frac{1}{4}$ ounce of the meat/meat alternates component. For example, a recipe that contains $2\frac{1}{2}$ tablespoons of kidney beans (0.625 ounces of meat/meat alternates) per serving rounds down to 0.5 ounce of the meat/meat alternates component. Table 1 shows the SFSP meal pattern contribution for different serving sizes of legumes.

Table 1. Servings for legumes crediting as the meat/meat alternates component	
Serving size (volume)	Meal pattern contribution (ounces)
8 tablespoons ($\frac{1}{2}$ cup)	2
7 tablespoons	$1\frac{3}{4}$
6 tablespoons ($\frac{3}{8}$ cup)	$1\frac{1}{2}$
5 tablespoons	$1\frac{1}{4}$
4 tablespoons ($\frac{1}{4}$ cup)	1
3 tablespoons	$\frac{3}{4}$
2 tablespoons ($\frac{1}{8}$ cup)	$\frac{1}{2}$
1 tablespoon ($\frac{1}{16}$ cup)	$\frac{1}{4}$ (minimum creditable amount)

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Roasted or Dried Legumes

Roasted or dried legumes, such as garbanzo beans (chickpeas) and soybeans, may credit as the meat/meat alternates component or the vegetables/fruits component, but not both in the same meal.

- **Meat/meat alternates:** Roasted or dried legumes credit as the meat/meat alternates component based on weight (ounces). A 1-ounce serving of roasted or dried legumes credits as 1 ounce of the meat/meat alternates component. At lunch and supper, roasted or dried legumes cannot credit for more than half of the meat/meat alternates component. They must be combined with another food from the meat/meat alternates component to meet the full requirement.
- **Vegetables/fruits:** Roasted or dried legumes credit as the vegetables/fruits component based on volume (cups). For example, $\frac{1}{4}$ cup of roasted or dried legumes credits as $\frac{1}{4}$ cup of the vegetables/fruits component.

Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding whether offer roasted or dried legumes in SFSP menus. This consideration is also important for children and adult participants whose disability requires dietary restrictions. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

The USDA recommends using discretion when offering snack-type legumes (such as individually wrapped soy nuts) as part of reimbursable meals, due to their perception as snack foods.

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Crediting Legumes in Recipes

Legume-based foods made from scratch (such as lentil soup, bean burritos, and chili) credit based on volume (cups) of legumes per recipe serving. The crediting information depends on whether the menu planner credits legumes as the vegetables component or the meat/meat alternates component.

- **Vegetables:** The minimum creditable amount of the vegetable component is $\frac{1}{8}$ cup. To determine the number of $\frac{1}{8}$ -cup servings of legumes in one serving of the recipe, divide the cups of legumes in one serving of the recipe by 0.125, then round down to the nearest $\frac{1}{8}$ cup. Table 2 shows an example of how to calculate the vegetables contribution of legumes in a recipe.
- **Meat/meat alternates:** A $\frac{1}{4}$ -cup serving of legumes provides 1 ounce of the meat/meat alternates component. To determine the ounces of the meat/meat alternates component in one serving of the recipe, divide the cups of legumes in one serving of the recipe by 0.25, then round down to the nearest $\frac{1}{4}$ ounce. Table 3 shows an example of how to calculate the meat/meat alternates contribution of legumes in a recipe.

For assistance with recipe calculations, use the equivalent volume measures in the ICN's [Basics at a Glance Portion Control Poster](#) and the decimal fraction equivalents chart (table 6) in the "Introduction" section of the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG). For information on standardized recipes, visit the "[Crediting Foods Made from Scratch](#)" section of the CSDE's SFSP



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Table 2. Determining the vegetables contribution of legumes in a recipe

A recipe provides 50 servings and contains 1 gallon and 1 quart of chickpeas. How many cups of vegetables does the recipe provide per serving?

1. Determine the total cups of legumes in the recipe: Use the ICN's *Basics at a Glance Portion Control Poster* to convert larger measurements to cups. Use the decimal fraction equivalents chart (table 6) in the FBG's "Introduction" section to convert fractions to decimals.

A 20 cups

1 gallon (16 cups) plus 1 quart (4 cups) of chickpeas equals 20 cups of chickpeas.

2. Number of servings in the recipe:

B 50 servings

3. Determine the cups of legumes per serving: Divide the total cups of legumes (A) by the number of servings in the recipe (B).

C 0.4 cups per serving *

20 cups of chickpeas divided by 50 servings equals 0.4 cup of chickpeas per serving.

*** Note:** If the decimal amount for the cups of legumes per serving (C) converts to an **even multiple of 1/8 cup**, such as 0.5 (1/2) cup, 0.25 (1/4) cup, or 0.125 (1/8) cup, this is the final meal pattern contribution for the vegetables component. **Do not complete steps 4 and 5.**

4. Determine the number of 1/8-cup servings (minimum creditable amount) of legumes in one serving of the recipe: Divide the cups of legumes per serving (C) by 0.125.

D 3.2 servings of 1/8 cup

0.4 cup of chickpeas per serving divided by 0.125 equals 3.2 servings of 1/8 cup.

5. Round down the number in D to nearest 1/8-cup serving.

E 3 servings of 1/8 cup

3.2 servings round down to 3 servings of 1/8 cup (or 3/8 cup). One serving of the recipe contains 3/8 cup of the vegetables component.

Meal pattern contribution: 3/8 cup of the vegetables/fruits component

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Table 3. Determining the meat/meat alternates contribution of legumes

A recipe provides 50 servings and contains 1 gallon and 1 quart of chickpeas. How many ounces of the meat/meat alternates component does the recipe provide per serving?

1. Determine the total cups of legumes in the recipe: Use the ICN's *Basics at a Glance Portion Control Poster* to convert larger measurements to cups. Use the decimal fraction equivalents chart (table 6) in the FBG's "Introduction" section to convert fractions to decimals.

1 gallon (16 cups) plus 1 quart (4 cups) of chickpeas equals 20 cups of chickpeas.

A **20** cups

2. Number of servings in the recipe:

B **50** servings

3. Determine the cups of legumes per serving: Divide the total cups of legumes (A) by the number of servings in the recipe (B).

20 cups of chickpeas divided by 50 servings equals 0.4 cup of chickpeas per serving.

C **0.4** cups per serving

4. Determine the ounces of meat/meat alternates per serving: Divide the cups of legumes per serving (C) by 0.25 (1 ounce = $\frac{1}{4}$ cup (0.25) of legumes).

0.4 cups of chickpeas per serving divided by 0.25 equals 1.6 ounces of meat/meat alternates.

D **1.6** ounces per serving

5. Round down the number in D to the nearest $\frac{1}{4}$ ounce.

1.6 ounces rounds down to 1.5 ounces of meat/meat alternates. One serving of the recipe contains 1.5 ounces of the meat/meat alternates component.

E **1.5** ounces per serving

Meal pattern contribution: 1½ ounces of the meat/meat alternates component *

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Pasta Products Made of Legume Flours

Pasta products made of legume flours may credit as either the vegetables component or the meat/meat alternates component, but not both in the same meal or snack.

- **Meat/meat alternates:** Crediting pasta products that contain legume flours as the meat/meat alternates component is the same as crediting legumes. A ½-cup serving of cooked pasta made of 100 percent legume flours credits as 2 ounces of the meat/meat alternates component.

Legume flour pasta must be offered with additional meat/meat alternates, such as tofu, cheese, or meat. The USDA's intent for this requirement is to ensure that meat/meat alternates are in a form that is recognizable to children. The nutrition education aspect of the Child Nutrition Programs includes the goal of helping children recognize the food groups that contribute to healthy meals and snacks.

- **Vegetables:** Pasta products that contain vegetable flours from one vegetable subgroup credit toward that vegetable subgroup. For example, ½ cup of pasta made of 100 percent red lentil flour credits as ½ cup of the legumes subgroup.

Alternatively, manufacturers and SFSP sponsors may credit legume flour pasta using the bean flour yield information on page C-1 of [Appendix C](#) of the FBG, or with appropriate documentation on the manufacturer's product formulation statement (PFS). For information on PFS forms, refer to the CSDE's resources, [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#), and the USDA's [Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks](#), [Product Formulation Statement \(Product Analysis\) for Meat/Meat Alternate \(M/MA\) Products in Child Nutrition Programs](#) and [Tips for Evaluating a Manufacturer's PFS](#).

For additional guidance on documentation for commercial products, visit the "[Crediting Commercial Processed Products](#)" section of the CSDE's SFSP webpage.

Crediting Legumes in the SFSP

Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf

Appendix C: Food Items for Further Processing, Food Buying Guide for Child Nutrition Programs (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_FoodItemsForFurtherProcessing_YieldTable.pdf

Child Nutrition (CN) Labeling Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.pdf

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Meat/Meat Alternates Component for the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#MMA>

Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf

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Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Requirements for the Meat/Meat Alternates Component of the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_MMA_SFSP.pdf

Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf

Resources for the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf

Standardized Recipe Form for the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Standardized_Recipe_Form_SFSP.docx

Standardized Recipes ("Documents/Forms" section of CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

Vegetables/Fruits Component for the SFSP ("Documents/Forms" section of CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Legumes_SFSP.pdf.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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